

SEEN YOUR NEWS?

WHITMAN COUNCIL ON AGING

P.O. BOX 426

16 HAYDEN AVENUE • WHITMAN, MA 02382

(781) 447-7619 • FAX (781) 447-7633



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Robert Titterington

JANUARY 2015

Mae Cousineau, *Vice Chairman*
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Barbara J. Garvey, *Director*

Whitman Council on Aging Mission Statement

To ensure that our elder residents are provided an opportunity to age and live a life-style based on independence, dignity, and security; to assess needs and provide services through an array of general programs, information, and socialization opportunities to seniors age 60 and older.

NOTES FROM THE DIRECTOR:

I hope everyone enjoyed a wonderful holiday season. Now it's time to take a step back, relax, and begin another year. Here's hoping that your resolutions for the New Year include joining us in the activities, programs and trips we offer at the Senior Center. As always, feel free to come by for coffee and a social visit.

As we plan activities for 2015, please let me know what you would be interested in seeing presented at the Center and we will do our best to make it happen.

Wishing you a very Healthy and Happy New Year!

Cheers!

Barbara

Advance Care Planning Presented by Norwell VNA and Hospice

Wednesday, January 14th
10:00 A.M. at the Senior Center

"Plan While You Can" Advance Care Planning will cover patient rights, what is advance care planning and advance directives, recognize advantages and disadvantages of advance directives and identify resources that can help you complete your advance directives. A comprehensive book to help organize this process will be distributed to participants at no cost.

Contact **Joanne at extension 2** to make your reservation.

If you are unable to attend this program during the day, it will also be offered on Wednesday, February 4th at the Whitman Public Library from 6:30 to 8:00 pm. Please call the Board of Health at 781-618-9755 to register for an evening class.

INCLEMENT WEATHER POLICY

If the Whitman-Hanson Regional School District cancels school, all Senior Center Activities will be cancelled and there will be no Meals-On-Wheels delivered or lunches served at the Senior Center.

School closing information is broadcast on television channels 4, 5, 7, 10 and 25 and on radio stations WBZ 1030 AM, WATD-AM and WPLM-FM. You can also check Whitman-Hanson's local Comcast cable channel 9.

SAVE THE DATE

DISASTER PREPAREDNESS for INDIVIDUALS
PRESENTATION by NVNA

MARCH 11, 2015
10:00 at the Senior Center

Or
MARCH 18
6:30 at the Whitman Public Library



TAX TIME

This tax season we are pleased to welcome Mary Sheard who has again volunteered her time to assist low income seniors with the preparation of income tax returns and the Circuit Breaker Tax Credit. Mary will be available at the Senior Center on Tuesdays by appointment only, beginning in February.

This service is specifically available to low income seniors and is free of charge. Mary will be doing simple returns only and will not be doing returns that involve stocks and bonds or income over \$60,000.

Contact **Joanne at extension 2** to make your appointment.

**FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS
at Harvard Court on
Friday, January 9th at 1:00 P.M.**

Anyone with questions should call Roberta at 781-261-3930.
All are welcome to attend.

FUEL ASSISTANCE

We are taking appointments on Thursdays for help in filling out applications for **first time** fuel assistance applicants.

Please call Joanne at extension 2 to set up an appointment

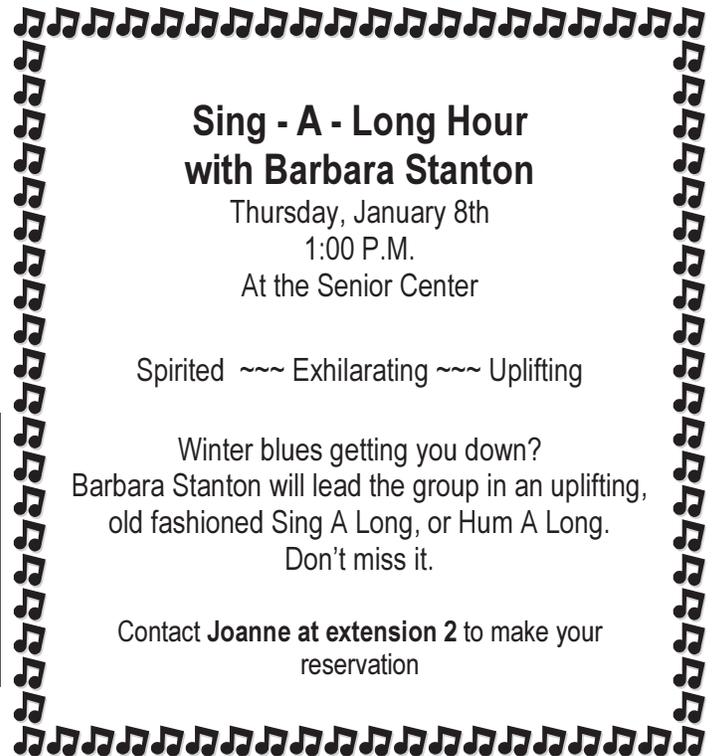
THE SENILITY PRAYER

God grant me the senility to forget
The people I never liked anyway,
The good fortune to run into the ones that I do,
And the eyesight to tell the difference.

A NOTE TO SNOWBIRDS

If you are a "Snowbird" preparing to spend the winter in a warmer climate, please contact us to have your name temporarily taken off the Newsletter mailing list.

This will avoid the added expense of Returned Postage and would be greatly appreciated!



**Sing - A - Long Hour
with Barbara Stanton**

Thursday, January 8th
1:00 P.M.
At the Senior Center

Spirited ~~~ Exhilarating ~~~ Uplifting

Winter blues getting you down?
Barbara Stanton will lead the group in an uplifting, old fashioned Sing A Long, or Hum A Long.
Don't miss it.

Contact **Joanne at extension 2** to make your reservation



MOVIE of the Month

FROZEN
AT THE SENIOR CENTER
FRIDAY, JANUARY 23rd
1:00 p.m.

Fearless optimist Anna sets off on an epic journey-teaming up with rugged mountain man Kristoff and his loyal reindeer Sven –to find her sister Elsa, whose icy powers have trapped the kingdom of Arendelle in eternal winter. Encountering Everest-like conditions, mystical trolls and a hilarious snowman named Olaf, Anna and Kristoff battle the elements in a race to save the kingdom.

Starring: Kristen Bell, Idina Menzel, Jonathan Groff and Josh Gad
PG, Run time – 1 hr 42 min.

**Call Joanne at extension 2 to reserve your seat .
Space is limited to 15 attendees.**



New! PCs for the Novice

This workshop is for people who consider themselves a Novice in the PC world. Course has five modules. Take only the Modules that you want. Bring your Laptop or Tablet.

- Module 1: PC overview
- Module 2: How to get help on your device and on Microsoft's web site
- Module 3: How to use input devices
- Module 4: Storing and retrieving your Documents
- Module 5: Managing your data.

See page 7 for the full list of computer course offerings.

Call **Linda at extension 1** to sign up.

CARDS

Interested card players should join others at the Senior Center on Wednesdays at 1:00. 'Hand and Foot' is the current card game being played, although players are welcome to play any card game they choose.

FUN, GAMES AND FITNESS

TAI CHI – Thursdays at 2:45. Cost is \$5.00 per class. New Participants call Linda at ext.1 to register.

WALKING GROUP—Meet at the Senior Center on **Tuesdays and Thursdays at 8:00 am** to walk the beautiful Town Park at your own pace and arrive back at the Center for coffee and socialization.

ZUMBA GOLD at the Knights of Columbus Hall, Rt. 18, on **Thursdays at 4:30 pm.** Cost is \$4 per class. New Participants please call Linda at ext. 1 to register.

Wii BOWLING—Mondays at 8:00 am

MAH JONGG—Wednesdays at 1:00 pm.

BINGO—Mondays at 1:00 pm and the First Friday of each month at 1:00.

Tai Chi Class

With Mike Showstack

Thursdays at 2:45 in the Meeting Room at Lower Town Hall

Cost is \$5.00 per class

Tai Chi is a gentle, graceful form of exercise. It involves a series of movements performed in a slow, focused manner. Tai Chi is beneficial for reducing stress.

Give it a try.

New Participants call Linda at ext.1 to register.



Crafts

12:30 at the Senior Center
with Denise

Wednesday, January 14th

Materials are provided. Just bring your creativity.

Please call **Joanne at extension 2** to sign up and reserve your seat. Transportation is available.

Need to get out of the house?

Join us in the easy and fun craze of Loom Knitting

Join our Loom class with Connie on Tuesdays at 1:00 p.m. at the Senior Center.

Learn to make a variety of hats, ear warmers, scarves, mittens, etc.

Supplies needed: Boye 4 Loom Knitting Set
scissors, tape measure, knitting hook
2 skeins Red Heart, med 4 worsted yarn
small note pad and pen

Warning – Very addictive !!

Feel free to come in and observe before you buy the Loom set.

New Participants should call **Joanne at extension 2** to sign up.

If you need a ride, the COA bus is available.

JANUARY 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Phone extensions for sign-ups:</i></p> <p><i>Linda—ext 1</i> <i>Joanne—ext 2</i> <i>Fran (meals) - ext 4</i></p>	<p>Please Note:</p> <p>TRIP SIGN UPS BEGIN ON TUESDAY DECEMBER 30TH</p>		<p style="text-align: right;">1</p> <p>HAPPY NEW YEAR!</p> <p>SENIOR CENTER CLOSED</p>	<p style="text-align: right;">2</p> <p>11:30 Lunch-Chicken Marsala 1:00 Bingo</p> <p>TWIN RIVER CASINO Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1</p>
<p style="text-align: right;">5</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Tortellini w/ Tomato sauce 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">6</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Italian Pot Roast 11:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at STOP and SHOP / Transportation to Sr. Center Reserve by noon Monday – ext. 2</p>	<p style="text-align: right;">7</p> <p>1:30 Lunch—Roast Pork w/ Raisin Sauce 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking</p> <p>9:00 WALMART in RAYNHAM & IHOP or CHINESE BUFFET Sign up at ext. 1</p>	<p style="text-align: right;">8</p> <p>9:30 Hairdresser by Appt 11:30 Lunch—Mediterranean Chicken 2:45 Tai Chi 4:30 Zumba Gold at K of C</p> <p>1:00 Sing -A-Long with Barbara Stanton Sign up at ext. 2</p>	<p style="text-align: right;">9</p> <p>11:30 Lunch-Breaded Fish 1:00 Friends Meeting at Harvard Ct</p> <p>10:00 Monthly Book Club at the Senior Center—"Book Buzz" with Molly from the Whitman Library Sign up at ext. 2</p> <p>9:30 SOUTH SHORE PLAZA, Cheesecake Factory in Braintree Sign up at ext. 1</p>
<p style="text-align: right;">12</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Lasagna w/ Tomato Sauce 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">13</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Aloha Chicken 11:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at TRUCCHI'S / Transportation to Senior Center Reserve by noon Monday – ext. 2</p>	<p style="text-align: right;">14</p> <p>8:30 P odiatrist by Appt. 1:30 Lunch—Turkey a la King 12:30 Crafts with Denise 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 1:00 Cards</p> <p>10:00 NVNA Advance Care Planning Sign up at ext. 2</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p style="text-align: right;">15</p> <p>11:30 Lunch—Baked Ham 12:15-1:45 Wellness Clinic at Harvard Court 2:45 Tai Chi 4:30 Zumba Gold at K of C</p> <p>BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only</p>	<p style="text-align: right;">16</p> <p>11:30 Lunch—Wild Salmon w/ Lemon Dill Sauce</p> <p>10:00 DOLLAR TREE in Hanson and GRILLE 58 , Halifax Sign up at ext. 1</p>
<p style="text-align: right;">19</p> <p>MARTIN LUTHER KING JR. BIRTHDAY</p> <p>SENIOR CENTER CLOSED</p>	<p style="text-align: right;">20</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Baked Ziti 11:00 Computer Workshops 1:00 Hearing Check by Appt 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at STOP AND SHOP/ Transportation to Sr. Center Reserve by noon Monday – ext. 2</p>	<p style="text-align: right;">21</p> <p>11:30 Lunch—Chicken Teriyaki 1:00 Mah Jongg 1:00 Cards</p> <p>9:30 CHRISTMAS TREE SHOP in Avon and TOWN SPA RESTAURANT in Stoughton Sign up at ext. 1</p>	<p style="text-align: right;">22</p> <p>9:30 Hairdresser by Appt 11:30 Lunch—Spanish Beef Tips 2:45 Tai Chi 4:30 Zumba Gold at K of C</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p style="text-align: right;">23</p> <p>11:30 Lunch—Hawaiian Roast Pork</p> <p>1:00 MOVIE at the SENIOR CENTER (see page 2) Sign up at ext. 2</p> <p>9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1</p>
<p style="text-align: right;">26</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Roast Turkey w/Gravy 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">27</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—American Chop Suey 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at SHAWS / Transportation to Senior Center Reserve by noon Monday – ext. 2</p>	<p style="text-align: right;">28</p> <p>11:30 Lunch—Orange Almond Chicken 1:00 Mah Jongg 1:00 Cards</p> <p>FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p>	<p style="text-align: right;">29</p> <p>9:30 Hairdresser by Appt 11:30 Lunch—Roast Beef au Jus 2:45 Tai Chi 4:30 Zumba Gold at K of C</p>	<p style="text-align: right;">30</p> <p>11:30 Lunch—Salmon Stir Fry</p> <p>9:30 OCEAN STATE JOB JOT and Butterfield's Restaurant in Rockland Sign up at ext. 1</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES

CAN I AFFECT MY BRAIN HEALTH?**Q. Are there lifestyle decisions that make a brain healthier?**

A. Yes, and tips for a healthier brain do not require you to radically change your daily life.

While the mortality rate for heart disease and cancer are falling—the mortality rate for Alzheimer's continues to rise and is among the top 10 leading causes of death. By 2050, there may be 16 million Americans with Alzheimer's, and mild cognitive impairment may affect as many as 25% of the elderly.

A common health concern among older adults is memory loss. According to a recent survey, adults are more than twice as likely to fear losing their mental capacity as losing their physical capacity. In another survey, 9 out of 10 people said they thought they could improve their cognitive fitness. 6 out of 10 said they should have their cognitive functioning checked annually, just like a regular physical checkup. 8 in 10 said they take some time nearly every day to engage in activities designed to improve their cognitive health.

Here are some steps you can take to help your *brain health*:

Engage in Physical Exercise—Physical exercise is key to maintaining good blood flow to the brain as well as stimulating new brain cells. It can reduce the risk of heart attack, stroke and diabetes, and protect against risk factors for dementias.

Eat Brain-Healthy Food—High cholesterol is thought to contribute to stroke and brain cell damage. A low fat, low cholesterol diet is advisable. There is growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells. HDL (or "good") cholesterol may help protect brain cells. Use mono- and polyunsaturated fats, such as olive oil. Try baking or grilling food instead of frying. Your brain needs a balance of nutrients, including protein and sugar, to function well. Strive for a well-balanced diet.

Manage your body weight—One study found that those who were obese in middle age were twice as likely to develop dementia in later life. People with high cholesterol and high blood pressure had six times the risk of dementia.

Lead A Social Life—Social activity makes physical and mental activity more enjoyable and it can reduce stress levels, helping to maintain healthy connections among brain cells. Leisure activities that combine physical, mental and social activity are the most likely to prevent dementia. Sports, cultural activities, emotional support and close personal relationships together appear to have a protective effect against dementia.

Stay Mentally Active—Engage in mentally stimulating activities. This strengthens brain cells and the connections between them and may even create new nerve cells. Keeping your brain active seems to increase its vitality and may build its reserves of brain cells and connections. Read; write; attend lectures and plays; sign up for courses at your local community college; try gardening. Keep your mind challenged and engaged!

There are some risk factors beyond your control, like genetics and aging. But even people who inherit genes associated with dementia from both parents still may not get the disease. All of the brain-health activities mentioned here work best when done together. A healthy brain lifestyle could delay or prevent the appearance of Alzheimer's disease.

To learn more about brain health, go to <http://www.alz.org/we-can-help-brain-health-maintain-your-brain.asp>

TRANSPORTATION

AROUND TOWN – Our COA bus is available from 9:00 to 3:00 on Mondays for transportation to Bingo at the Senior Center and for errands within Town. Please be reminded that in order to take advantage of this free service, you need to call **Joanne at extension 2** to sign up no later than 4:00 Thursday.

FOOD SHOPPING / SENIOR CENTER BUS—Our COA bus travels to various grocery stores on **Tuesdays** at **9:00**. The Bus is also available beginning at 11:15 for Tuesday activities and appointments at the Center. Sign-up is required by calling **Joanne at extension 2** no later than noon on Monday.

DIAL-A-BAT—Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, Stoughton, Whitman and Boston.

Trips to **Southeast Medical Center** in East Bridgewater are provided on Mondays and Thursdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Trips to **Roche Bros Way** in Easton are provided on Mondays and Wednesdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Call **Joanne at extension 2** at least two days prior to your appointment to book.

BITS AND PIECES by ELEANOR NADELL

Eleanor is a little under the weather this month. We hope she feels better soon. We look forward to reading her piece next month.

Get Well Eleanor.

WELLNESS CLINIC

Free Wellness Clinics for Whitman residents are provided by NVNA (Norwell Visiting Nurse Association and Hospice). Health Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

Wednesday:

January 14 Senior Center 12:30 --2:00

Thursday:

January 15 Harvard Court 12:15 –1:45

Tuesdays at the Town Hall (VNA Office, Lower Level)

January 6, 13, 20, 27 3:00—6:00

BLOOD PRESSURE CHECK

We offer a free blood pressure check by a Registered Nurse at the Senior Center every Monday from 11:00 am to 1:00 pm.

OUTREACH

TELEPHONE REASSURANCE – If you would like a phone call and conversation from our office on weekday mornings, please contact **Linda at extension 1**.

BROWN BAG DISTRIBUTION PROGRAM – Thursday, January 15th **12:00 to 3:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

FREE LEGAL ADVICE

Attorney Ronald N. Whitney is available to meet with elders once a month at the Senior Center for assistance with wills and personal legal issues. This month, Attorney Whitney will be at the Center on Tuesday, January 27th from 12:00 to 2:30. Please call **Joanne at extension 2** for an appointment

HEARING SCREENING

Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker on Tuesday, January 20th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, January 14th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: February 11, March 11

HAIR BY MEREDITH

Tuesdays and most Thursdays by Appointment

Contact **Joanne at extension 2** to make an appointment

Shampoo and Set	\$12.00
Shampoo, Cut, and Set	\$14.00
Wet Cut	\$12.00
Blow Dry w/ Cut	\$14.00
Perm, Cut & Style	\$45.00
Color*, Cut	\$35.00
Color*, No Cut	\$30.00

(*client brings in color)

MANICURES BY JANE

Jane will be taking the winter off and hopes to be back with us in the early Spring.

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays

Appointments are available at 11:00, 12:00 or 1:00

Workshops are 45 minutes long and will have no more than three participants in a session. Please contact **Linda at extension 1** to sign up for course of your choice.

PC's for the Novice: Five Modules-includes PC overview, How to get help on your device and on Microsoft's web site, How to use input devices, Storing and retrieving your documents, and Managing your data.

Advanced PC Use: Increase understanding of 'Windows'. Path and Folder use, Single and Multi select in the windows explorer, Use Drag and Drop, Perform backup.

Internet Basics: Get started with a Browser, Choose and register with on-line service provider, Create and Send E-Mail.

Advanced Internet: Safe Browsing, Navigation and handling of E-Mail, Use an attachment, Search the Web.

Basics of Budgeting with Excel / Calc: Start excel or Calc; Open and Edit an existing workbook, save changes.

Budget with Excel / Calc Advanced Features: Edit Basic Budget using advanced features.

Basics of Digital Photos on the PC: Learn to retrieve, organize, edit and Print Digital Photos.

Advanced Digital Photo Management: Editing Photos—retrieve photos using Pact Bridge.

iTunes for Digital Music / Video: Use iTunes to retrieve and organize your music. Create your own Cd Or download play-lists to your MP3 player.

Editing MP3 Files: Download free editing software to edit MP3 music.

Add and Remove Software: Find, Download and Install Free software. Remove unwanted programs.

Ease of Access: Improve computer access for physically challenged.

Online Education: Find computer based Learning CourseWare and take a lesson.

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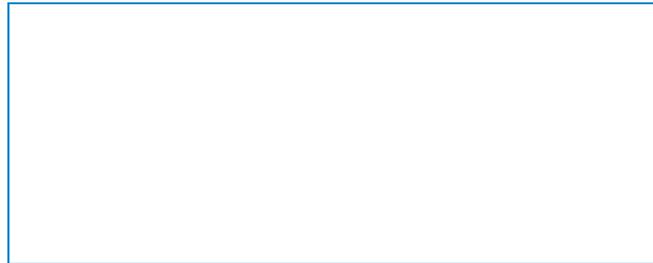
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RETURN SERVICE REQUESTED



DAILY LUNCH

Senior Lunches are served every day at the Senior Center at 11:30. Let us do the cooking for you. (check out the menu on Page 4 of this newsletter).

Suggested donation is \$2.50. **Call Fran at extension 4 to make your reservation.** Since meals need to be ordered well in advance, please call one week ahead to book your reservation.

Transportation is available on Mondays and Tuesdays.
Call Joanne at extension 2, if you need a ride.

ABOUT OUR TRIPS AND ACTIVITIES ...

Please know that participation in the activities and trips we offer is not limited to seniors over age 60. Based on availability, Pre-Seniors, Baby Boomers and folks from surrounding towns are always welcome. Just give the Center a call at 781-447-7619.

Help us go GREEN and save MONEY

Our newsletter is now available online at:
www.seekandfind.com
and on the Town of Whitman website
www.whitman-ma.gov

If you read your newsletter online or choose not to receive a newsletter at this time, please **call Joanne at extension 2** to have your name taken off of the mailing list.

For those who continue to get the newsletter by mail, remember to keep us informed if you move or go away for the winter.